

All Japan Kendo Seite Iaido Checklist - Quick Check

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|-----------------------|---|----------------------|---|
| 1 MAE | <ol style="list-style-type: none">1 Enough sayabiki during nukitsuke2 Thrusting back along ear into furikaburi3 Kissaki not past horizontal plane at furikaburi4 Kiri oroshi done without pause5 Kissaki slightly down after kiri oroshi6 Correct chiburi7 Correct noto | 7 SANPO GIRI | <ol style="list-style-type: none">1 Nuki uchi cut to right enemy's chin2 Cut straight toward left enemy without pausing3 Uke nagashi into furikaburi, stop cut on horizontal plane |
| 2 USHIRO | <ol style="list-style-type: none">1 Simultaneous nuki uchi & turn, left foot move slightly left on finish2 Correct nukitsuke to temple | 8 GANMEN ATE | <ol style="list-style-type: none">1 Thrust tsuka gashira to space between eyes2 Engaging rear enemy, right hand is correctly placed on hip3 Facing rear enemy, rear heel is slight up4 Tsuki without kagi ashi (toes sticking out) |
| 3 UKE NAGASHI | <ol style="list-style-type: none">1 Uke nagashi protects upper body2 Left foot pulled back with kesa giri3 Left fist in front of naval, kissaki slightly down | 9 SOETE TSUKI | <ol style="list-style-type: none">1 Right fist finishes kesa cut at height of naval, kissaki is slightly up2 Left thumb & index finger firmly pinch blade at midpoint, right fist touching hip3 Tsuki to abdomen, right fist in front of naval4 Zanshin with right elbow straight, right fist not above breast |
| 4 TSUKA ATE | <ol style="list-style-type: none">1 Tsuka gashira strike to solar plexus2 Extend right elbow tsuki, squeeze left hand in front of naval3 pull sword out into furikaburi, cut straight down to front | 10 SHIHO GIRI | <ol style="list-style-type: none">1 Strike strong with flat of tsuka2 Saya biki with monouchi mune on left breast, sharp tsuki to solar plexus3 Tsuki with left hand moves in front of naval, both hands squeeze together4 No pause at wakigamae before final furikaburi |
| 5 KESA GIRI | <ol style="list-style-type: none">1 Right hand above shoulder after rotating sword on upper kesa cut2 Simultaneous kesa chiburi, grab koiguchi, and left foot back | 11 SOU GIRI | <ol style="list-style-type: none">1 Draw with uke nagashi into furikaburi2 Cut with okuri ashi3 Horizontal balde angle for cut to lower abdomen |
| 6 MOROTE TSUKI | <ol style="list-style-type: none">1 Right oblique nuki uchi cut to chin2 Rear foot moves to make chudan kamea, tsuki to solar plexus3 Pull sword out with uke nagashi into furikaburi | 12 NUKI UCHI | <ol style="list-style-type: none">1 Left foot pulled back enough during draw2 Right hand stays on body centerline during draw |

Robert Stroud, June 1, 2009
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